

Caring Thoughts

Grant County Hospice Program



We'll Have to Keep It!

It's spring, and it's time again for the annual trash and treasure day. That's the day when we all gather to sift and sort, clean and clear—not only the closets, but the attic as well. Like most families, we have a number of “packrats” who share the same last name. Those of us who are “neatnicks” look forward to this day while others face this spring day with dread. It is a time of cleansing the spirit as well as the closets. What are we going to do with Grandpa's shoes? They're black and shiny, and he hardly ever wore them; but the last time he wore them was to walk one of us down the aisle. We can't get rid of them. We'll have to keep them!

What are we going to do with Grandma's purse? It's pink and purple with lots of flowers. There is an old hankie in the bottom, and she hardly ever carried it, but the last time she carried it was to visit one of us. We can't get rid of it. We'll have to keep it!

There's a can of “snow” to spray on wreaths and some paper chains and lot of old greeting cards. There are bits and pieces of ceramic figurines and a pretty tablecloth with gravy stains on the end where Dad used to sit. We can't get rid of those things. We'll have to keep it all.

What are we going to do with the empty chair at the table? It has never been vacant before, but not it echoes our hurt and loneliness. It symbolizes our grief and reminds us of our emptiness. The last time it was filled, it was such a happy time; and we can't help but remember the joy that spread across that table when all the chairs were filled. We can't get rid of that chair. We'll have to keep it!

We were trying to clear away a few things in order to make room for some other things, but instead of clearing a path, we've added to our closets and to our memory banks. Now we have more stuff to think about, more stuff to store, more things to sort, more stories to tell, more memories. We want to clear away the past so we can find the future. But we keep finding little things that speak of the love we shared and we can't get rid of that. “We'll have to keep it” has become my new motto.

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Spring 2008

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Journeys

Journeys is a monthly newsletter published by Hospice Foundation of America (HFA). The newsletter is designed to offer support and practical advice to those coping with loss and bereavement.

In addition to this monthly newsletter, HFA offers Special Issues that address times when bereavement can be especially difficult: The Holiday issue; the Newly Bereaved issue; and the Anniversary issue. Other Special Issues focus on certain populations or situations: the Helping Young People issue; the Adolescent issue, which features articles for young people written by young people; and the newest issue, focusing on Pet Loss. To receive a free sample of one of their Special Issues, please send an e-mail with your name, mailing address, and the issue you'd like to receive to Donna Hines at; dhines@hospicefoundation.org.

To subscribe to Journeys newsletter you may contact the e-mail address listed above or call 1-800-854-3402 or write HFA

1621 Connecticut Ave., NW
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Costs of the newsletter is \$12.00 for one year. Costs of the Special Issues are \$0.25 per issue.



Save the date!

12th Annual Service of Remembrance

*The 12th Annual Service of Remembrance is being held on **April 20, 2007** at the Congregational United Church of Christ, 225 S. Madison Street, Lancaster.*

The service begins at 2:00 pm and will consist of music, readings, a short message, and end with a candle lighting.

The Annual Service of Remembrance will commemorate the lives of those persons and families we will have served between April 1, 2007 through March 31, 2008.

"In the end, nothing we do or say in this lifetime will matter as much as the way we have loved one another."
Daphne Pose Kingma

****A written invitation will be sent out in the upcoming months. The invitation will be sent to two family members. Please share the invitation with all family and friends.**

Thank you....

Memorial contributions and donations enable us to extend comfort, care, and support to other patients and their families. We are grateful.

In Memory of Keith Miles
His family

Other Donations
Mary Eckstein

In Memory of Russel Hanson
Family and Friends

In Memory of Robert
"Dutch" Rasque
His family

In Memory of Elaine Fritz
Delbert Fritz

Other Donations
Aletha Masbruch



Other Donations
St. Peter Lutheran Church
Women of ELCA

Save the date!

15th Annual National HFA Teleconference
Living With Grief: Children and Adolescents
Wednesday, April 16, 2008
12:30-3:00 pm

The conference will focus on the experience of grieving children and adolescents and the ways that all hospice professionals as well as parents, teachers, counselors social workers, physicians, grief counselors, funeral directors, and clergy can best support these populations as they cope with grief and loss.

The conference will be held at the **Youth and Ag Building on the Grant County Fairgrounds.**

The teleconference is free and CEUs will be available through the Hospice Foundation of America. For more information and to register, call 723-6416 and ask for hospice.

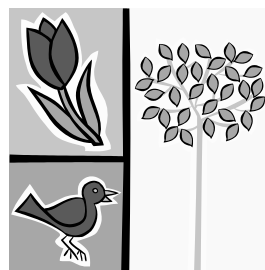
Grief Support Groups

Grief support groups are for anyone who has had a death related to loss of spouse, parent, grandparent, significant other, sibling, child or close friend.

They meet at Christ Lutheran Church
250 S. Grant St., Lancaster, WI.

February 4 and February 11;
March 3 and March 10;
April 7 and April 14.

Groups are offered two times these dates. Times: 2:00-3:00 pm and 6:30-7:30 pm.



Find a little time for Spring,
even if your days are troubled.
Let a little sunshine in—
let your memories be doubled.

Take a little time to see
all the things your loved one was
seeing—
and your tears will help your
heart
find a better time for being.

Sasha Wagner
TC, Des Moines, IA

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Program**

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Yes, we'll have to keep it, whatever it is, because it has a story to tell and a gift to give. As we uncover these bits and pieces of our family's history, we will strengthen the family ties that bind us in love across the years.

We do not lose those we love. They die, but the love we shared can never be destroyed or lost. Our loved ones are still and always be a part of us. We cannot lose their love.

May you find a few treasures of your own as you sift and sort through life.

May you find the gifts of joy and remembrance that come with love given and received. These are the treasures of your life. May you rediscover them again and again!

(Excerpt from Darcie Sims of Bereavement Magazine)